

Dear Albuquerque Youth Lacrosse Families,

As we plan to return to the fields, we have developed clear guidelines and Covid-Safe Practices for ALL of us to follow that incorporates requirements set by the Governor's office (September 18, 2020 Public Health Emergency Order as amended) and US Lacrosse. Our goal is to make this a safe and smooth transition back into play for our participants. It is crucial that we ALL adhere to these guidelines to ensure the safety for the Albuquerque Youth Lacrosse (AYL) players, coaches and families

At this time, the State of NM and US Lacrosse are restricting participation in team activities to participants who reside within 50 miles of program location.

We understand that some families will not feel comfortable sending their son or daughter to a session at this time. Unless you feel comfortable, there is no expectation that your player participate in these early days of returning to play. We have designated board member and coach, [Luke Abeling](#) as AYL COVID-19 Manager. Mr. Abeling is responsible for responding to any COVID-19 issues or concerns. Please reach out to Luke with any questions you may have surrounding COVID-19.

First and foremost: Players and Coaches: **Please do not participate if you, your player, household member or someone you have been in contact with has COVID-19 or COVID-19 symptoms in the prior 14 days.**

COACHES

- All coaches have been highly encouraged to get tested for COVID-19 and have negative results before beginning any in person interactions with players (US Lacrosse suggests 72 hours). Any coach that has been tested will have submitted results to Luke Abeling prior to the start of the Fall Session.
- Any coach or player who travels out-of-state must self-isolate or self-quarantine for a period of at least 14 days from your entry into the State of New Mexico or for the duration of your presence in the State, whichever is shorter, if individuals travelling into New Mexico come from high-risk states. The current map of listing high-risk states can be found here; covidexitstrategy.org
- The coach will notify the NM Department of Health and Luke Abeling if they or any of their players become sick with COVID-19.
- AYL coaches will follow all NM COVID-19 safe practices from the state of NM, US Lacrosse and AYL return to play guidelines.
- All coaches must participate in a training webinar regarding the return to play guidelines, and health/safety protocols before any in-person interactions with players.
- Permissible lacrosse activity is restricted to no more than 10 players with 1 coach.
- To ensure that player and coach groupings are as self-contained as possible, the same group of players will stay with the same coach during that training day. The coach will restrict mixing players between groups.
- The coaches will check their temperatures daily before participation in lacrosse activities and stay home if they have a Temp of 100.4 degrees Celsius or greater or if any COVID-19 symptoms exist as identified by the CDC. Symptoms of COVID-19 can include fever or feverishness, cough, shortness of breath or difficulty breathing, chills or shaking chills, muscle pain, headache, sore throat, and new loss of taste or smell, stomach ache or diarrhea.
- Upon arrival to train, the coaches will verbally check the health of players and ask each player if they are experiencing any signs or symptoms of COVID-19.

- The coaches will remind players of their training regarding hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing. If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider.
- There will be no physical contact between the players and the coaches. No handshakes, high fives or other physical touching before, during or after lacrosse activities. Observe 6ft social distancing at all times.
- The coaches will wear face masks during all in person interactions with players, staff or parents and will wash the mask every day after use.
- The coaches will sanitize hands and disinfect all team equipment, (cones, goals, etc.) before, or as needed during and after lacrosse activity. Coaches alone shall be permitted to retrieve, setup, gather and store equipment. The players are not permitted to handle equipment.
- No spitting is allowed by lacrosse players, coaches or officials.
- If a coach or player has had a case of documented COVID-19 infection, they need to get re-tested and receive clearance from a medical professional before they return to in person interactions.
- At risk individuals, youth or adult, are advised to stay home CDC Guidelines.
- Responding to training injuries: Any medical issue during training that would require the implementation of the AYL's Emergency Action Plan should be handled in the same way as pre COVID-19 (coaches should thoroughly sanitize themselves after contact with the athlete). For all other injuries that require care, the player should leave the fields to be dealt with by a parent/guardian in their vehicle or at a medical facility. The same return to training decision making process should be utilized as pre COVID-19.

PLAYERS

- The players are required to wear masks at all times per State of NM guidelines, including during field activities/training and exercise.
- The players should arrive no more than 5 minutes prior to the session. Arrive dressed and ready to go. Head directly to the designated training space as directed by the coach. Do not walk up to training sessions in groups. Do not walk through other sessions and depart promptly after your session.
- Observe social distancing of 6ft at all times.
- Place bags/player equipment at least 6ft apart. If possible, leave the equipment bag in the vehicle.
- The players must follow all the recommended hygiene and safety protocols including proper hand washing, refrain from touching their face, covering their mouths and nose when coughing/sneezing and maintain social distancing.
- No handshakes, high fives or other physical touching before, during and after lacrosse activities.
- No spitting is allowed.
- Restrooms will not be accessible during training.

PARENTS

- To limit adult interaction, parents will communicate electronically (email, text, or phone call), with your player's coach to discuss concerns about your player's participation.
- Players/parents should not participate in lacrosse activities if they are not comfortable for any reason.

- Do not participate if you, your player, household member or someone you have been in contact with has COVID-19 or COVID-19 symptoms in the prior 14 days.
- Any coach or player who travels out-of-state must self-isolate or self-quarantine for a period of at least 14 days from your entry into the State of New Mexico or for the duration of your presence in the State, whichever is shorter, if individuals travelling into New Mexico come from high-risk states. The current map of listing high-risk states can be found here; covidexitstrategy.org
- At risk individuals, youth or adult, are advised to stay home CDC Guidelines.
- The parents should check their player's temperature daily before participation in lacrosse activities, and keep their player home if they have a Temp of 100.4 or greater or if any COVID-19 symptoms exist as identified by CDC. Symptoms of COVID-19 can include fever or feverishness, cough, shortness of breath or difficulty breathing, chills or shaking chills, muscle pain, headache, sore throat, and new loss of taste or smell, stomach ache or diarrhea.
- If your player becomes sick with COVID-19, you must notify the NM Department of Health and AYL right away.
- The parents must review and educate their player regarding the provided hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing.
- The parents must ensure their player brings their own personal adequate supply of water that is clearly labeled with the player's name.
- The parents are asked to remain in their vehicles when dropping off and picking up players at practice. If you must leave your vehicle, wear a mask per state guidelines and observe social distancing and gathering restrictions.
- The parents must ensure player's clothing gear and equipment is washed/sanitized before/after lacrosse activity.

RETURN-TO-PLAY ROADMAP, STAGES

These guidelines consist of a "staged" return to play that is based on staged or phased return of activities established by most states and local public health departments. Factors such as new infections of COVID-19, the rate of hospitalizations due to COVID-19, and the availability of healthcare resources in our community, county or state determine the stage or phase of activity allowed. The return to play "stages" in this document will broadly describe the activities that are recommended, based on the level of risk that is associated with that activity, during that stage. Please refer to the CDC and our State Department of Health to determine the recovery stage of our community, county or state. It is important to note that these stages are not intended to be followed in a linear manner, as it may become necessary to return to prior staged guidance and activities, based on the ever changing status of COVID-19 exposure in our community, county or state. It is possible, if not likely, that there will be local and regional outbreaks and surges of COVID-19 for some time to come.

AYL initially focused on guidance for lacrosse activities that US Lacrosse recommends for return during Stages 1 and 2 during our summer skills session, where we recommend youth lacrosse activities were focused on transitioning player back into physical activity through organized small-group practices and training exclusively, and not competition. Research has shown that introduction to full competition activity after a long span of deconditioning increases risk for significant musculoskeletal injury. Every effort should be made to have a gradual return to activity starting with drills and conditioning regardless

of the community phase. At this time, we have found no current medical evidence that would suggest that a return to play that includes full-field, full-roster sized teams, competing in full length games or tournaments could occur without significant risk to participants. Fall 2020 AYL will transition into Stage 3 and play small-sided quikstik lacrosse games.

Stage 1: At home individual training (mild risk) Aligned with state/local public health guidelines that do not permit or recommend any size group gathering, outside of family members, in any public setting. At this stage, the community may be under a stay-at-home order by local or regional authorities. At this time, according to the CDC, there is large scale community transmission, healthcare staffing is significantly impacted, and there are multiple COVID-19 cases within communal settings like healthcare facilities, schools, mass gatherings, etc.

Goal: Hone sport-specific skills at home with individual drills that can be done in the backyard or driveway. Prepare for sports participation with general cardiovascular conditioning, core work and body weight strength. Work on injury prevention activities, such as those offered in the US Lacrosse LaxFit course (free to members):

<https://www.uslacrosse.org/coaches/coach-development-program/online-courses/laxfit>

Stage 2: Small group (less than 10) modified lacrosse activity or practice at outdoor facility (mild to moderate risk) Aligned with state/local public health guidelines that allow for small group (under 10) gatherings in a public or private setting. At this stage, according to the CDC, there is widespread and/or sustained transmission with high likelihood or confirmed exposure within communal settings with potential for rapid increase in suspected cases.

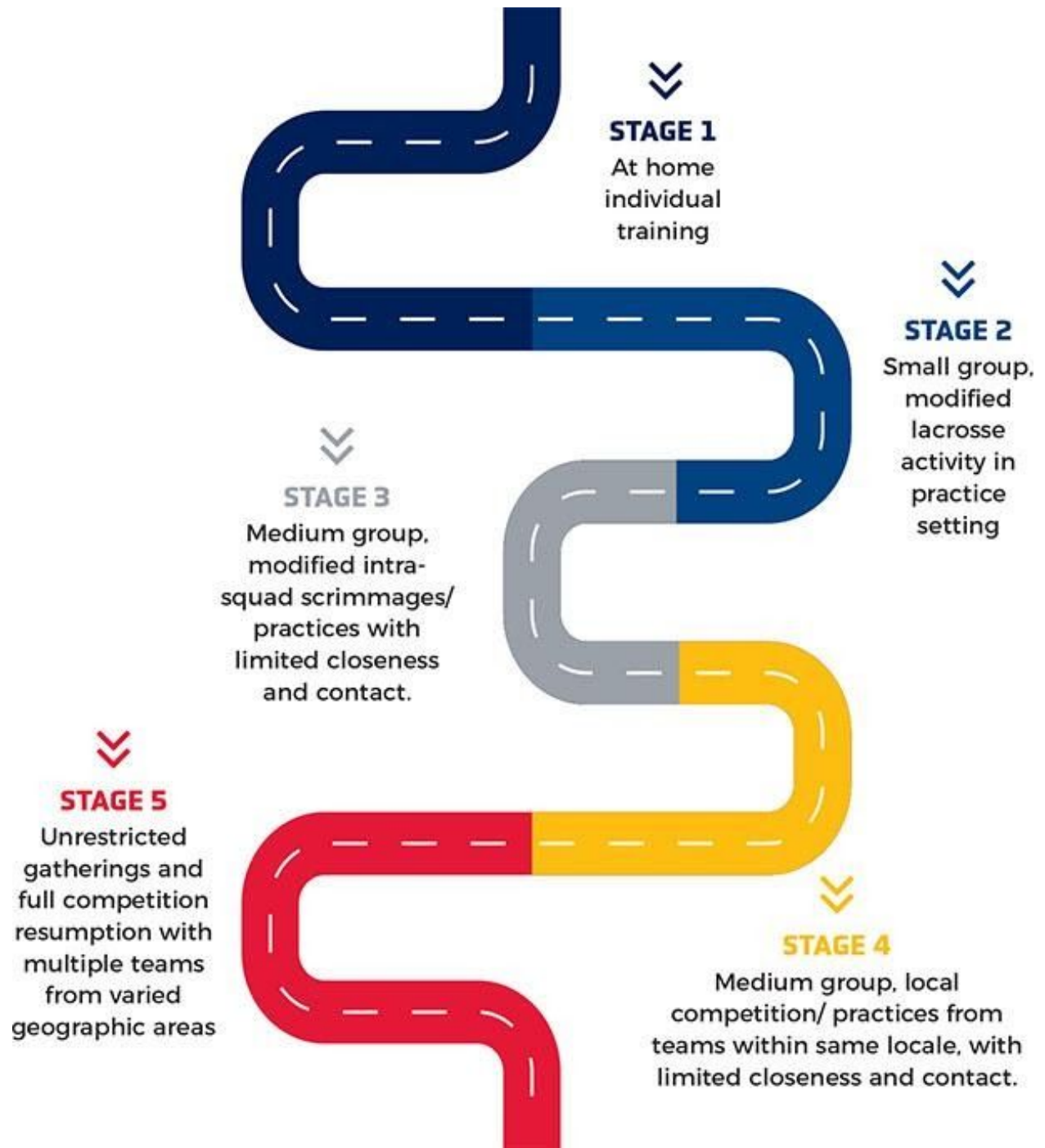
Goal: Continue conditioning with small, socially-distanced community based groups. Improve hand-eye coordination, footwork, shooting skills. Continue improving cardiovascular and lacrosse fitness in a supportive group setting for enhanced mental and physical health.

Stage 3: Medium group (less than 50) Modified intra-squad scrimmages/practices with limited closeness and contact at outdoor facility (moderate risk) Aligned with state/local public health guidelines that allow for under 10 people to gather in groups indoors at a time or up to 50 people, to gather outdoors at a time.

Goal: Once appropriate fitness levels are attained, this stage allows for increasing intensity and competitiveness in drills, including game-specific drills.

1. Competition with small or full roster sizes allowable
2. Competition options may include a 6v6 or 7v7 format to allow for fewer players.
3. Recommend that practices allow for at least one coach and one recommended hygiene or safety coordinator
4. Recommend that sessions should begin at 60 minutes in duration and following a transition period that can be evaluated every 2 weeks – can increase up to 90 minutes, allowing athletes to have a graduated return that minimizes contact
5. Game play modifications for aspects of boys' and girls' games are recommended to minimize higher risk activities that limit extended closeness and contact between athletes.

AYL will potentially move through stages 4 to 5 as dictated by state guidelines. Below is our road map back to full field lacrosse.



The safety of AYL Lacrosse players and families is our top priority. Please help us to make this a smooth transition by completely following all of these guidelines. We are excited for the opportunity to return to lacrosse and to reconnect with our teams.

References

NM Department of Health Summer Program Safe Practices;

<https://cv.nmhealth.org/wp-content/uploads/2020/05/Youth-program-FAQ-v.51.pdf>

US Lacrosse Return-to-Play; <https://www.uslacrosse.org/return-to-play>